



# The Lunch Bunch

Your weekly guide to prepping and packing your lunch

## Groceries

Note: this guide helps prep lunch for one person. If you're prepping for two, double everything.

### Produce:

- 1 large carrot
- 3 scallions
- Fresh cilantro
- Garlic

### Staples/Pantry:

- Chia seeds
- 1 Can black beans
- Spices: Cayenne pepper, cumin, salt, pepper

Extra virgin oil (or coconut oil)

### Optional add-ins:

- Avocado
- tomato
- arugula
- sweet potato
- beet
- whole wheat tortilla

## Black Bean Chia Burgers

### Ingredients

- Chia egg substitute: 1 Tbsp. chia seeds + 3 Tbsp. water
- 1 can (15ounces) black beans, rinsed and drained
- 2 cloves garlic, minced
- ½ cup corn, frozen organic
- 3 scallions, chopped
- 2/3 cup shredded carrots (1 large carrot)
- 1/4 cup fresh cilantro, minced
- 1 tsp. cayenne pepper
- 1 tsp. cumin
- ½ tsp. pepper
- Dash of salt
- Toppings: Sliced avocado (b/c I pretty much put this on everything), tomato, arugula, lime wedges for serving

### Directions:

- 1.** Mix 1 Tbsp. chia seeds with 3 Tbsp. water. Let sit for 10 minutes while preparing the burgers. Mix again and let sit for another 5-10 minutes. You will see the chia seeds expand and become a gelatinous texture as the mixture settles.
- 2.** Add all prepared ingredients to a food processor or blender. Add the chia egg last, allowing it to form while you prepare the ingredients. Pulse a few times until it blends into a thick pattie-like texture. \*DO NOT overblend/liquefy – you want to be able to see the colors of each ingredient!
- 3.** Form into 5 patties.
- 4.** Heat 1 Tbsp. EVOO (or coconut oil) in a large skillet over medium heat. Sauté for 5-7 minutes each side, or until browned and the pattie is solid throughout. \*You may need to flip more than once.

## Your week of lunches

Monday	Tuesday	Wednesday	Thursday	Friday
Chia black bean burger with tomato, avocado and arugula	Chia black bean burger with roasted sweet potato wedges	Chia black bean burger, sliced, over a bed of arugula salad (or massaged kale if on hand)	Chia black bean burger topped with roasted beets	Chia black bean quesadilla: sliced and layered with tomato, avocado & arugula in a whole-wheat tortilla- bake in oven